

**SUGGESTED USE:** For adults, take one (1) teaspoon (5 mL) twice daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**KEEP OUT OF THE REACH OF CHILDREN.** KEEP UNOPENED CONTAINER IN A DRY PLACE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. REFRIGERATE AFTER OPENING. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

**MANUFACTURED BY:** US Nutrition, Inc.  
Bohemia, NY 11716-2510, USA  
Questions or Comments?  
Call 1-866-607-0342  
Certified Organic by QAI



Item No. 6416  
B6415W 04C



SPRING VALLEY®  
VITAMIN #1 BRAND



# Organic Flax Oil

## Natural Omega-3

### HEART HEALTH\*

Dietary  
Supplement

8 fl. oz. (236 mL)

## Supplement Facts

Serving Size 1 Teaspoon (5 mL)  
Servings Per Container 47

| Amount Per Serving                   | % Daily Value        |
|--------------------------------------|----------------------|
| Calories                             | 45                   |
| Calories from Fat                    | 45                   |
| Total Fat                            | 5 g 8%†              |
| Saturated Fat                        | <1 g 3%†             |
| Polyunsaturated Fat                  | 3.5 g ††             |
| Monounsaturated Fat                  | 1 g ††               |
| Organic Flax Oil (seed)              | 4,650 mg (4.65 g) †† |
| which typically contains:            |                      |
| Alpha-Linolenic Acid                 | 2,325 mg (2.32 g) †† |
| Linoleic Acid                        | 563 mg ††            |
| Oleic Acid                           | 665 mg ††            |
| Other Fatty Acids and Phytonutrients | 335 mg ††            |

†Percent Daily Values are based on a 2,000 calorie diet.  
††Daily Value not established.

**INGREDIENT:** Organic Flaxseed Oil.

**The Flaxseed Oil in this product is 100% SOLVENT FREE**

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Soy, No Artificial Color, No Artificial Flavor, No Sodium (less than 5 mg per serving), No Chemical Solvents.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Flax Oil is one of the premium sources of the essential fatty acids Alpha-Linolenic Acid (Omega-3) and Linoleic Acid (Omega-6). Fatty Acids support cellular and heart health, and provide an energy source for the body.\*

